











Start Times

WAVE	START	CATEGORY	CAP COLOR
1	7:30 a.m.	ELITE/MEN 30-34/ CHALLENGED	 PURPLE
2	7:35 a.m.	MEN 35-39	 RED
3	7:40 a.m.	MEN 40-44	 BLUE
4	7:45 a.m.	MEN 29 & UNDER	 GREEN
5	7:50 a.m.	MEN 45-54	 YELLOW
6	7:55 a.m.	MEN 55+/CLYDESDALES	 ORANGE
7	8 a.m.	WOMEN 29 & UNDER	 LIGHT BLUE
8	8:05 a.m.	WOMEN 30-39	 DAYGLO GREEN
9	8:10 a.m.	WOMEN 40+/ATHENAS	 DAYGLO PINK
10	8:15 a.m.	RELAYS	 WHITE

TRANSITION AREA CLOSSES AT 7:15 AM